

NAKED CAFE



Restaurant Menu

Pancakes and French Toast

Pancakes In The Buff

Three pancakes stacked tall, garnished with a fruit, blackberry puree & powdered sugar
6.50

Blackberry Pancakes

Three pancakes stuffed with blackberries, garnished with a fruit and blackberry puree
7.00

Blueberry Pancakes

Three pancakes stuffed with blueberries, garnished with a fruit and blackberry puree **7**

Banana Blackberry Pancakes

Three pancakes with bananas and blackberries, garnished with seasonal fruit & blackberry puree **7.00**

Morning Glory Pancakes

Three pancakes with oats, almonds, raisins & fresh strawberries
7.00

Fuzzy Monkey Pancakes

Three Pancakes with roasted grains and fresh bananas
7.00

Coconut French Toast

Grilled with shredded coconut, topped with a fruit, puree & powdered sugar
7.50

Stuff in the Buff & Children's stuff

One Egg **1.50**

Marinated Beef **3.50**

Two Eggs **2.00**

Grilled Chicken **3.00**

Three Eggs **2.50**

Smoked Turkey **3.00**

Four Eggs **2.50**

2 Slices of Bacon **2.00**

Sub. Egg Whites **1.50** 4 Slices of Bacon **3.00**
1 Pancake **2.75** Sliced Avocado **1.50**
Fresh Herb Bread **2.50** Add Cheese **1.50**
Coconut Bread **2.50** Add Sour Cream **1.50**
Herbed Potatoes **2.50** 100% Maple Syrup **1.50**
Black Beans **2.50** Steamed Broccoli **2.50**
Brown Rice **2.50** Steamed Zucchini **2.50**
Two Handmade Tortillas **1.00** Carrots & Celery **2.50**
Side Salad **4.50**

The Naked Experience

Sunrise Burritos

Eggs scrambled with cheese, scallions and tomatoes wrapped in two tortillas served with black beans **8.00**

Bare Necessities

Scrambled eggs aside two Handmade tortillas, black beans, cheese, tomatoes, scallions, cilantro **7.00**

Spuds in Lingerie

Crisp potatoes with jalapenos, onions, tomatoes and covered in black beans, topped with avocado, **7.50**
cheese, sour cream and salsa

Sunrise Quesadilla

Bacon, cheese, green onion, tomatoes, grilled between two tortilla served with black beans **7.50**

Pesto & Artichoke Heart Quesadilla

Pesto sauce, eggs, green onion, tomatoes and cheese grilled between two spinach tortillas

served with black beans

8.00

Naked Herbed

Roasted herbed potatoes, scrambled eggs, sautéed tomatoes and grilled herb bread

7.50

Roasted Beef Hash

Seared roast beef with horseradish cream, herbed potatoes and scrambled eggs

9.00

Artichoke Scramble

Eggs, cheese, green onions and tomatoes served with herbed potatoes and toast

8.50

Naked Croissanwich

With scrambled eggs, cheese, tomatoes and scallions served with crisp herbed spuds

7.50

Naked Continental

A piece of homemade coconut bread served aside a fresh seasonal fruit selection

6.50

Naked Cereal

Naked's blend of grains, almonds, a hint of brown sugar and raisins

4.50

with fresh fruit **add 3.00**

Fruit Bowl

A mélange of fresh fruit & berries

6.50

Slow Cooked Oatmeal

Fresh Blueberries and toasted almonds a hint of brown sugar and whole milk

6.00

Look Good Naked

The following are low in fat & carbs and high in protein

Buff Breakfast

Four egg whites, steamed brown rice, broccoli, zucchini & salsa fresca

7.50

Buff Breakfast Burrito

Egg whites scrambled in grilled chicken, cheese, green onion, tomato

Wrapped in two homemade tortillas served with black beans & salsa fresca
8.50

Jalapeno Scramble

Four egg whites, jalapeños, green onion, tomato, brown rice, black beans and salsa
8.00

Pesto Scramble

Four egg whites, pesto, green onion & tomato, served with grilled zucchini, mixed baby organic greens and a spinach tortilla
8.00

Buff Beans and Rice

Brown rice, black beans, zucchini, green onion, tomatoes and cilantro with grilled chicken and salsa
8.00

Soy Chorizo & Avocado Burritos

Served with black beans, tomatoes, green onions, cheese, fresh salsa and spinach tortillas
8.50

Fire Cracker Omelette

Fire roasted green chile omelette with tomatoes, onion, cheese, black beans, tortillas and vegetables
8.50

Soy Sausage and Sun-Dried

Tomato Omelette

Tomato Egg White Omelette, Jack cheese, green onions, served with mixed baby greens & black beans
8.50

Infusion

Work Brown Rice

With broccoli, zucchini, carrots & shiitaki mushrooms
7.50
add chicken **2.50**

Ginger Rice and Black Beans

Yellow corn and black beans with cilantro, celery, carrots and shiitake mushrooms
spinach tortilla **7.50**
add chicken **2.50**
add tofu **2.00**

Dual Delight

Soy ginger beef and chicken, brown rice, summer veggies and Thai peanut sauce

9 .00

Deities Wrap

Sautéed sesame ginger tofu wrapped in a spinach tortilla with brown rice, veggies and black beans

8.50

Sesame Ginger Chicken Soft Tacos

In two spinach tortillas with baby greens & Thai peanut sauce; served with spicy coconut brown rice and black beans

8.50

Black Beans Sautéed Ginger Shiitakes Brown Rice

With fresh tortillas and salsa

6.50

add grilled chicken **2.50**

Soups Made Mon-Fri

Bowl of Soup with Fresh Bread **4.50**

Half Sandwich and Soup of the Day **7.00**

Half Salad and Soup of the Day **7**

add bleu cheese and walnuts **1.50**

Half Sandwich, Salad and Soup of the Day **8.50**

add bleu cheese and walnuts **1.50**

Salads

Baby Reds and Baby Greens

With artichoke hearts, sun-dried tomatoes, onions, caramelized walnuts and basil dressing **7.50**

add grilled chicken **2.50**

Naked Salad

Baby salad greens, tomatoes and parmesan cheese with fresh bread **6.50**

add grilled chicken **2.50**

Blue Cheese Walnut Salad

Sandwiches - on our homemade Rosemary Herb Bread or Oatmeal Honey Wheat

Veggie Sandwich

With avocado, lettuce, cucumber and tomato **6.50**

Grilled Chicken Sandwich

With lettuce and tomato **7.00**

Honey Smoked Turkey Sandwich

With lettuce and tomato **7.00**

BLT

You know the stuff **7.00**

Grilled Steak Sandwich

Marinated steak with lettuce, tomatoes and green onions on herbed bread **7.50**

Basil Chicken Sandwich

Chopped chicken, lettuce, tomatoes, pesto and mayo **7.50**

Chicken Salad Sandwich

Chopped chicken, lettuce, tomato, green onions,

Mixed greens, balsamic vinaigrette and grilled bread **7.50**
add grilled chicken **2.50**

Caffeinated

Naked Blend
A fresh ground bold eye opener **2.00**

Espresso
Straight to the heart of the matter **2.50**

Café Americano
Espresso blended with purified Solana Beach municipal water **2.50**

Hammerhead
Espresso blended with the “naked blend” **2.50**

Café Au Lait
Naked blend with steamed milk and foam **2.50**

Cappuccino
Espresso beneath steamed milk and foam **3.00**

Asian Coffee
Naked’s blend with a sweet hint from the orient **3.00**

Naked Mocha
Ibarra and Ghirardelli cocoa blended with espresso **3.50**

Malaysian Mocha
Rich Chocolate blended with a sweet hint of the orient and fresh espresso **4.00**

Mexican Hot Cocoa
Our proprietary blend of chocolate with shipped cream and chocolate sprinkles
Jr. **2.50**
Sr. **3.00**

ground pepper and mayo **7.50**

Carne Asada or Chicken Asada Sandwich
Avocado, cheese, tomato and lettuce **8.00**
Teas

Moroccan green mint, chai, english breakfast, passion fruit mango **2.00**

Herbal Teas
peppermint, euco-mint, berry patch, African red rooibos **2.00**

Praying Mantis
Green tea and apple juice **3.00**

Arnold Palmer
Passion tea and lemonade **3.00**

Red Velvet
Berry tea, pomegranate, lemonade **3.50**

Effervescence

Coke, Diet Coke, Sprite
Cans are recyclable **1.50**

Pellegrino **3.00**

Freshly Squeezed Fruit Juices
Orange, Apple and Grapefruit Juices **3**

Lemonade **3.00**

Still Bottled Water **1.50**

Exclusively Naked

Hula Daddy

100% Kona Roasted daily, fresh ground, french pressed at your table

Small **3.00**

Large **5.00**

Green Tea Latte

Moroccan mint, honey, soy milk **4.00**

Soy Chai Latte

Steeped chai tea, honey, soy milk **4.00**

Passion Fruit Tea Latte (seasonal)

Mulling spice, honey, soy milk **4.00**

Pumpkin Spice Tea Latte

Mulling spice, honey, soy milk **4.00**

Pumpkin Spice Coffee Latte

Mulling spice, espresso, honey, milk **4.00**

Emerald Pearls

Peppermint tea, soy milk, vanilla **4.00**

Dragonfly Chi

Mandarin orange, chai tea, soy milk **4.00**

Golden Fairy Dust

Chai tea, ginger, soy milk, cinnamon **4.00**

Soy Carob Mocha

Soy milk, carob, espresso **4.50**

Frozen

Naked Shake

Espresso, Vanilla ice cream, chocolate, chocolate chips **4.50**

Banana Blueberry Smoothie **4.00**

Beer

Sierra Nevada **4.00**

Sam Adams **4.00**

Pacifico **4.00**

Mimosa

Fresh orange juice and champagne **5.00**

Mandarin Mimosa

Mandarin orange, fresh orange juice and champagne **5.00**

Pink Lotus

Lemonade, Raspberry and champagne **5.00**

Red With Envy

Pomegranate, Lemonade and champagne **5.00**

Amen

Mandarin Orange, Grapefruit and champagne **5.00**